

September 25, 2020

St. Louis County COVID-19 Update

Flu Vaccine

Getting a flu shot has always been a key step in staying healthy. But with the COVID-19 pandemic, it's never been more important. Flu season is upon us and flu vaccines will be imperative in keeping those at high risk and our community safe.

[People at high risk of serious flu complications](#) include young children, [pregnant women](#), people with certain chronic health conditions like asthma, diabetes or heart and lung disease and [people 65 years and older](#). Many people at higher risk from flu also seem to be at higher risk from COVID-19.

Flu shots are widely available at urgent care centers, doctors' offices and through many employers. Also, the St. Louis County Department of Public Health is now offering free flu shots as a drive-up service at John C. Murphy Health Center in Berkeley and the South County Health Center. Appointments for flu vaccines can be made [here](#).

It is important to also know that both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache

This is also why it is critical to get both TESTED FOR COVID-19 and the FLU VACCINE. Below are upcoming COVID-19 testing locations. COVID-19 testing appointments can be made online [here](#).

Bridgeton Trails Branch
3455 McKelvey Rd, 63044
Tuesday, September 29
8:00 a.m. - 12:00 p.m.

Oak Bend Branch
842 S Holmes Ave, 63122
Thursday, October 1
8 - 12:00 p.m.

CareSTL MLK
5471 Dr. Martin Luther King Drive
St. Louis, MO 63112
Monday –Friday
9a - 4p (lunch 12-1)

CareSTL Whittier
2425 North Whittier Street
St. Louis, MO 63113
Monday - Tuesday
9a-Noon

CareSTL Riverview
5541 Riverview Boulevard
St. Louis, MO 63120
Wednesday - Thursday
9a-Noon

CareSTL Pope
4500 Pope Avenue
St. Louis, MO 63115
Friday PEDS 9a-Noon
Adult 1p-3p

St. Vincent Home for Children
7401 Florissant Rs
St. Louis, MO 63121
Wednesday, October 1st 9:30a-Noon

Ladue School District
9701 Conway Rd
St. Louis, MO 63124
Friday, October 2nd 3p-5p

CLARIFICATION: Youth Sports Guidance

For both indoor and outdoor youth sports, DPH will allow two parents or spectators, per athlete, to attend sporting activities with an overall capacity of 50 spectators. The capacity limitation is not intended to separate parents from their children, but to limit crowds where COVID-19 can spread. The school, team, or sporting venue is allowed to further limit the numbers of spectators or prohibit spectators altogether. The updated Youth Sports Guidelines can be found online [here](#).

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